

The Head Coach will be the Meet Director at all home meets. He/She is also responsible for obtaining all materials and volunteers needed in order to operate a smooth meet.

**ARROWHEAD DOLPHINS**  
**SWIM MEET SCHEDULE**

June 11	AMP Dolphins vs Gold Medal	Home
June 18	AMP Dolphins vs Dobson Ranch Dolphins	Home
June 25	AMP Dolphins vs Val Vista Lakes	Away
July 2	AMP Dolphins vs Sea Lions/Apache Junction	Away
July 16	All City Swim Meet	MGAC
July 23	APRA Swimmer's Classic Meet	Kino

***Meet schedule is subject to change***

Visit our web site at [www.chandleraz.gov/aquatics](http://www.chandleraz.gov/aquatics). You will be able to view and download the swim team handbook, t-shirt order form, swim meet information, health card form, and much, much more.

It is the goal of the Chandler Aquatics Division to make your child's swimming experience positive and enjoyable. We are constantly striving for excellence, and welcome comments and suggestions to help us improve the program.

If you would like more information on our Recreation Swim Teams or Aquatics Program, please call (480) 782-2756.

**COACHING STAFF**

Denise Underwood – Head Coach  
Danielle Palbykin – Assistant Coach



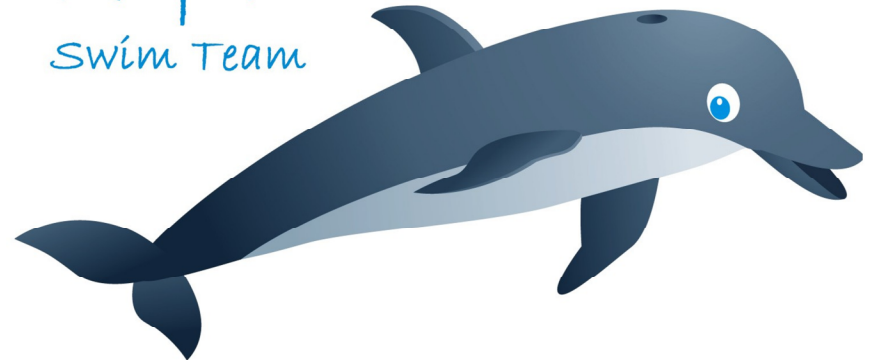
**SWIM TEAM PARTY**

**Saturday, July 9** from 6:30 - 9:30 p.m.  
at Mesquite Groves Aquatic Center

**2011**

***Community Services Department***  
***Aquatics Division***

**Arrowhead  
Dolphins**  
*Swim Team*



**Recreation  
Swim Team  
Handbook**



**Chandler • Arizona**  
*Where Values Make The Difference*



## PHILOSOPHY OF THE RECREATION SWIM TEAM PROGRAM

The Chandler recreation swim teams are organized to serve the needs and potential development for children and teens that are interested in a swim team experience. Through the recreation design of the program, it is intended that all children who participate will enhance their physical and mental fitness.

Through participation in the program, it is hoped that participants will have a positive experience, and develop positive attitudes, learn good sportsmanship, teamwork and self-esteem from their accomplishments. It is also hoped that participants will learn the rules of the sport, correct stroke techniques, and realize their potential through self-discipline and hard work.

This program was developed to allow family participation. Parents are highly encouraged to become involved with this program through volunteering their services or being supportive spectators.

## OBJECTIVES OF THE PROGRAM

1. To provide basic competitive swimming skills. (Participants should already have basic beginning swimming skills.)
2. To provide a SAFE, fun and positive atmosphere.
3. Provide opportunities for participants to develop their swimming skills through organized training and self-discipline.
4. Allow participants to gain self-esteem and confidence through personal accomplishments.

## PRACTICE SCHEDULE

**Arrowhead Dolphins** practices are held  
at **Arrowhead Pool**

Tuesday through Friday	
5½ to 8	8:00-8:50 a.m.
9 to 10	7:00-7:50 a.m.
11 to 18	6:00-6:50 a.m.

**Practice begins June 7!**

IMPORTANT: Swimmers are asked to **arrive 10 minutes early** for practice to stretch and warm-up. Attendance at practice is highly recommended, but not mandatory.



## TEAM SUITS

A team suit is selected by each coaching staff and is optional for participants to purchase. Swimsuit fitting is scheduled for **Thursday, June 9 from 6:30-9:30 a.m.** You may go to the East Valley Sports web site to view the swimsuits at <http://eastvalleysports.com/chandler.aspx>

## T-SHIRTS AND TEAM PICTURES

A team t-shirt will be selected for each team. You may download an order form from our Recreation Swim Team web site at [www.chandleraz.gov/aquatics](http://www.chandleraz.gov/aquatics) or ask your coaching staff for an order form. Submit the completed form and payment to a member of the coaching staff no later than **Monday, June 13**. T-shirts are optional for participants to purchase.

Team and individual pictures are scheduled on **Wednesday, June 15**. All swimmers are asked to be at Arrowhead Pool **no later than 6:00 a.m.** Practice will not be conducted on picture day.

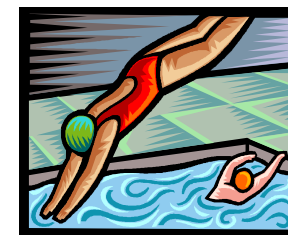
## PARENT VOLUNTEER GROUP

It is important that the parents of the participants become involved in their child's swim team experience. Both programs have parent volunteer groups. These volunteers will be responsible for assisting at home swim meets as: judges, timers, starter, clerk of the course, etc. In order for this team to be successful, a strong parent-volunteer group is needed!

## SWIM MEETS

Most swim meets are held Saturday mornings, 7:00 to 10:45 a.m. All Saturday meets will start at 7:30 a.m. with warm-ups at 7:00 a.m. Home meets will be hosted at the pool at which you practice.

IMPORTANT – Meet formats may vary from site to site due to each programs different philosophy.



## APRA SWIMMER'S CLASSIC SWIM MEET

The APRA Swimmer's Classic Meet is scheduled for **Saturday, July 23**, at the Kino Aquatic Center located in Mesa, AZ. Participation for this meet is highly recommended, but not mandatory. You can go directly to the APRA – Swimmer's Classic web site at [www.swimmersclassic.com](http://www.swimmersclassic.com) and click on the link to register online.